ALLERGY POLICY

September 2026

Learning, Living, Loving together in Christ.

Headteacher	Mrs A Hensman
Senior Allergy Lead	Mrs N Edgington – Deputy Headteacher & SENDCo
Approved by	Governing Body
Date adopted	September 2026
Review date	September 2027, or sooner if required

1. AIMS

In keeping with our Catholic mission, Our Lady and St Rose of Lima Catholic School is committed to protecting the safety, wellbeing, dignity and inclusion of pupils with allergies. This policy aims to:

- set out the school's approach to allergy management, including reducing the risk of exposure and the procedures in place in the event of an allergic reaction;
- make clear how the school supports pupils with allergies so that they can participate fully and safely in school life; and
- promote and maintain allergy awareness across the school community.

This policy will be reviewed annually and following any serious allergic reaction, anaphylaxis incident, significant near miss, change in legislation or updated statutory guidance.

2. LEGISLATION AND GUIDANCE

This policy has regard to the Department for Education's statutory guidance on Allergy safety in schools and Supporting pupils with medical conditions at school, Department of Health and Social Care guidance on Using emergency adrenaline auto-injectors in schools, and relevant legislation including:

- the Children and Families Act 2014, as amended by the Children's Wellbeing and Schools Act 2026;
- the Equality Act 2010;
- the Food Information Regulations 2014; and
- the Food Information (Amendment) (England) Regulations 2019.

The school will monitor changes in legislation and statutory guidance, including any further requirements arising from Benedict's Law, and update this policy accordingly.

3. ROLES AND RESPONSIBILITIES

We take a whole-school approach to allergy awareness.

3.1 Senior Allergy Lead

The nominated Senior Allergy Lead is Mrs Edgington, Deputy Headteacher & SENDCo. She is responsible for:

- promoting and maintaining allergy awareness across the school community;
- recording and collating allergy and special dietary information for relevant pupils;
- ensuring allergy information is up to date, recorded on SIMS and readily available to relevant staff;
- ensuring pupils who require one have an Allergy Action Plan and/or Individual Healthcare Plan (IHP), developed with parents/carers and healthcare professionals and reviewed at least annually;
- ensuring staff receive appropriate allergy training and understand the school's procedures;
- overseeing the school's stock of spare adrenaline auto-injectors (AAIs) and expiry checks;
- maintaining a register of allergy incidents and near misses, reviewing incidents and implementing lessons learned; and
- reporting to senior leaders and governors on allergy management, incidents and compliance.

3.2 Teaching, support and lunchtime staff

- be aware of pupils with allergies in their care and the arrangements set out in relevant plans;
- promote allergy awareness and safe behaviour among pupils;
- recognise the signs of severe allergic reactions and anaphylaxis and know the school emergency procedure;
- attend appropriate allergy training;
- consider food and other potential allergens when planning lessons and activities; and
- support the wellbeing and inclusion of pupils with allergies.

3.3 Parents/carers

- provide up-to-date information about their child's allergy, dietary needs, medication and any history of reactions or anaphylaxis;
- provide prescribed, in-date medication, including AAIs where required, and replace it promptly when used or expired;
- work with the school and healthcare professionals to develop and review their child's IHP/Allergy Action Plan;
- inform the school promptly of any change in their child's condition; and
- follow school guidance about food brought into school.

3.4 Pupils

Pupils will be supported, in an age-appropriate way, to understand their allergens, avoid sharing food, tell an adult if they feel unwell and follow agreed safety measures. Pupils without allergies will be taught to understand the importance of keeping others safe.

4. ASSESSING RISK

The school will consider allergy risk and make appropriate adjustments for pupils at risk of an allergic reaction or anaphylaxis, including when taking part in:

- food preparation, cooking or food-based lessons;
- science, art, craft or sensory activities involving potential allergens;
- activities involving animals;

- school trips, sporting activities, clubs and enrichment;
- celebrations, fundraising activities and other events involving food.

5. MANAGING RISK

5.1 Hygiene and food sharing

- pupils will be encouraged to wash their hands before and after eating;
- sharing food between pupils is not permitted;
- tables and food-contact surfaces will be cleaned appropriately; and
- staff will consider known allergies before using food or other allergens in classroom activities.

5.2 Catering

The school is committed to providing safe food options for pupils with allergies. Catering staff will have appropriate allergy information and follow procedures to reduce cross-contamination. Allergen information will be available in accordance with food law. Where menus or ingredients change, special dietary requirements will continue to be considered.

5.3 Food restrictions

The school recognises that it is not possible to guarantee an allergen-free environment. OLSR therefore uses proportionate risk-reduction measures. Families and staff are asked not to bring obvious nut products into school, including packets of nuts, peanut butter, nut spreads or foods where nuts are a prominent ingredient. Additional restrictions may be introduced where an individual pupil's risk assessment requires them.

5.4 Wellbeing and inclusion

Pupils with allergies will not be unnecessarily excluded from school activities or isolated because of their allergy. Pastoral support will be available where allergy causes anxiety. Allergy-related teasing, bullying, food threats or deliberate exposure will be addressed through the school's Behaviour and Safeguarding procedures.

5.5 Events and school trips

No pupil will be excluded from an educational visit, club or school event solely because of an allergy where reasonable adjustments can enable safe participation. Allergy risks, medication and emergency arrangements will be considered as part of the activity risk assessment. Staff accompanying pupils will know the relevant emergency arrangements and have access to prescribed medication.

6. PROCEDURES FOR HANDLING AN ALLERGIC REACTION

6.1 Allergy register and individual plans

The school will maintain an up-to-date register of pupils with allergies and those prescribed AAIs. Relevant information will include known allergens, medication, emergency arrangements and the location of medication. The register will be reviewed at least termly and whenever new information is received.

Pupils who require supportive arrangements will have an IHP and/or Allergy Action Plan. Relevant staff will have access to the information they need to keep the pupil safe.

6.2 Allergic reaction and anaphylaxis

All staff will be made aware of the school's emergency response and trained to recognise the signs of anaphylaxis.

- Follow the pupil's Allergy Action Plan/IHP where available.
- If anaphylaxis is suspected, administer an AAI without delay. Use the pupil's own device if immediately available and suitable; otherwise use an appropriate school spare AAI in accordance with current guidance and school arrangements.
- Call 999 immediately and state 'anaphylaxis'.
- Keep the pupil lying down where appropriate and do not allow them to stand or walk. If breathing is difficult, they may sit up.
- If symptoms do not improve, a second AAI should be administered after 5 minutes if available, in accordance with current emergency guidance.
- The pupil must be transferred to hospital even if symptoms improve.
- Parents/carers will be informed as soon as emergency treatment is underway and the incident will be recorded.

Mild allergic reactions will be managed in accordance with the pupil's individual plan and the pupil will be monitored closely because symptoms may progress.

7. INCIDENT REPORTING AND REVIEW

All significant allergy-related incidents and near misses will be recorded. Mrs Edgington will review incidents to identify lessons learned and any changes required to risk assessments, training, individual plans or school procedures. Parents/carers and governors will be informed where appropriate.

8. ADRENALINE AUTO-INJECTORS (AAIs)

8.1 School spare AAIs

OLSR will hold spare AAIs for emergency use in accordance with current national guidance. The Senior Allergy Lead will oversee purchasing, storage, checking and replacement.

- AAIs will be stored at room temperature, protected from direct sunlight and extremes of temperature;
- they will be kept in a safe, clearly identified and readily accessible location and will not be locked away;
- spare AAIs will be clearly distinguished from pupils' prescribed devices;
- stock and expiry dates will be checked monthly and replacements obtained before expiry or promptly after use; and
- appropriate emergency medication arrangements will be made for school trips and off-site activities.

8.2 Prescribed AAIs

Pupils' own prescribed AAIs will be clearly labelled, in date and readily accessible in accordance with their individual plan. Where appropriate and agreed, a pupil may carry their own AAI. Prescribed AAIs must accompany pupils on off-site activities.

9. TRAINING

All staff will receive allergy awareness and emergency response training on induction and at least annually. Training will include:

- reducing and preventing the risk of allergic reactions;
- recognising allergic reactions and anaphylaxis;
- the importance of acting quickly;
- where AAIs are stored and how to access them;
- how to administer an AAI; and

- the wellbeing and inclusion implications of allergies.

Additional or pupil-specific training will be provided where required and following a significant incident where appropriate.

10. GOVERNANCE AND MONITORING

The Governing Body will receive appropriate assurance about the implementation of this policy. Mrs Edgington will provide information on allergy-related incidents and near misses, staff training, medication and expiry monitoring, and any emerging risks or actions required.

This policy will be published on the school website and brought to the attention of staff, pupils and parents/carers at least annually.

11. RELATED POLICIES

- Supporting Pupils with Medical Conditions Policy
- First Aid Policy
- Health and Safety Policy
- Educational Visits Policy
- Safeguarding and Child Protection Policy
- Behaviour Policy